

Traditional Chinese Medicine and the Use of "Horary" Points

In the clinical and historical application of the 24-hour cycle (horary cycle), it is common knowledge to the practitioner of acupuncture that if a patient consistently experiences a worsening of symptoms at a particular time of day, a point on the body known as a "horary point" is the most effective point on the body for that particular condition at that particular time of day. Each meridian has its own individual horary point.

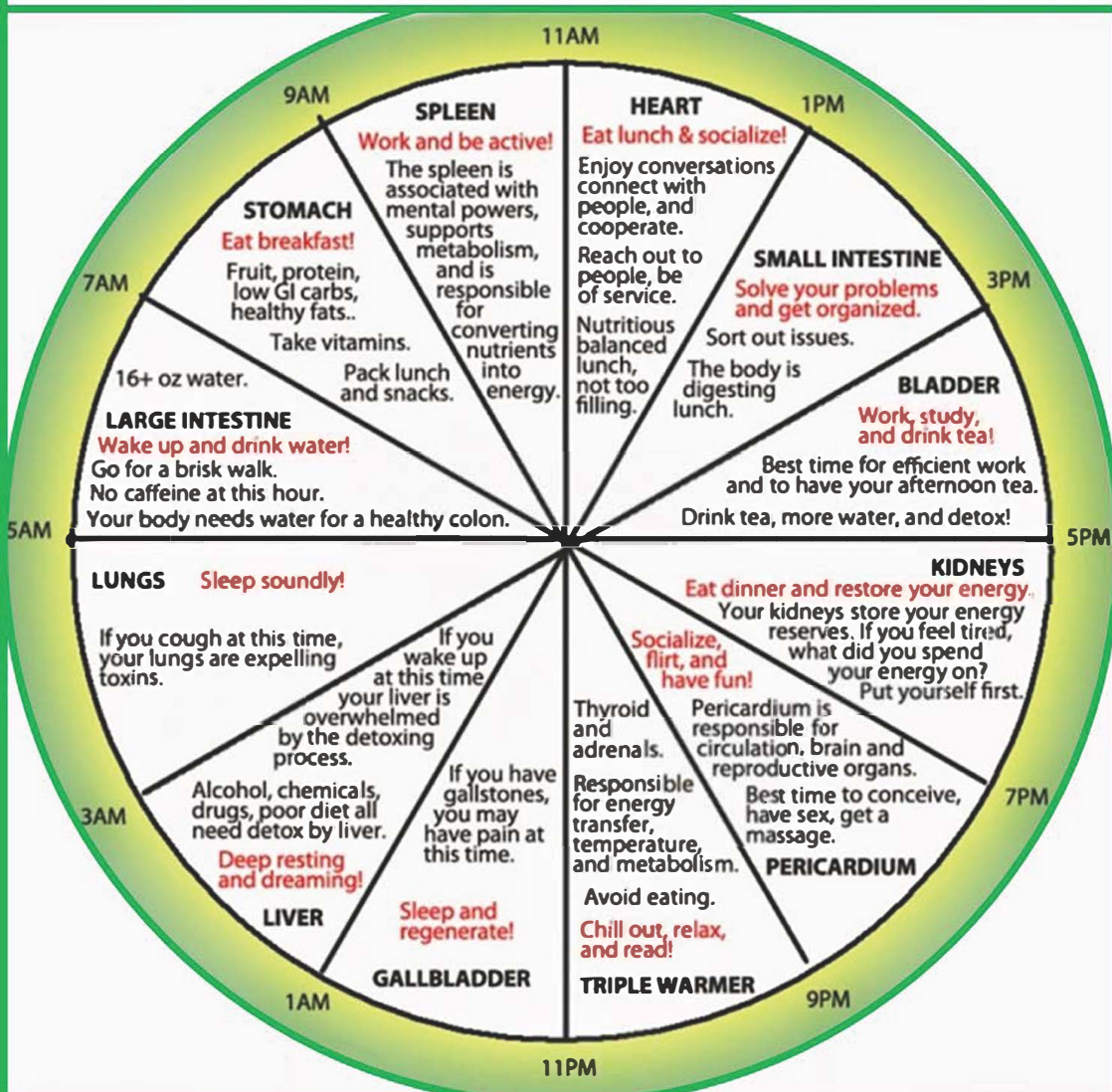
From ancient times, each of the 12 meridians has been associated with a particular two-hour time span where the energy is at its zenith as it moves through the body. Since balance is the key in acupuncture, it becomes quite apparent that high speed jet aircrafts moving through time zones will alter the delicate balance of the body's internal clock, creating undesirable effects. Amazingly, stimulating particular horary points helps you to beat jet lag and to function at the time of day you have traveled to, as opposed to the time of day you departed.

As there are many different types of acupuncture reflex points on the body with many different functions, *the horary point found on each of the 12 meridians is by far the most active point on the body during the two-hour time span corresponding to the involved meridian.* Thus, if a patient consistently experiences a particular symptom (regardless of what it is) between the hours of 3-5AM, the lung meridian may be at fault. Whereas, a patient experiencing symptoms between 7-9PM, the pericardium meridian may be imbalanced.

Stimulation of the specific horary point will help to restore balance to the involved meridian(s).

Refer to the diagrams on the following pages to see which meridians are most active at different times of the day and each meridian's horary point location.

Traditional Chinese Medicine Clock



How to Use Horary Points to Prevent Jet Lag

Jet lag is a problem of modern society, affecting those passengers comfortably seated in a jet aircraft, cruising at an altitude of seven miles above the surface of the earth, moving through Easterly or Westerly time zones at ground speeds approaching that of the speed of sound.

1. Identify the current time (time of departure) from wherever you are flying from. At the same time, identify what the time is currently to wherever you are flying. For example: If you are leaving from Los Angeles at 11AM, it is currently 4AM on the following day in Tokyo. If you are leaving from New York at 2PM, it is currently 8PM in Frankfurt, Germany.
2. Stimulate the horary point for whatever meridian is most active at your time of departure. Example: if Los Angeles departure time is 11AM, stimulate the "heart" horary point, as this is the meridian beginning its active phase from 11 AM, to 1PM.
3. Following stimulation of the meridian's horary point corresponding to your time of departure, stimulate the horary point on the meridian which corresponds to the time of day it is currently in the city of your destination. Example: if you depart Los Angeles at 11AM - it is 4AM in Tokyo. Stimulate the horary point of both the "heart" (11AM-1PM) as well as the horary point of the meridian most active at 4AM, namely the "lung" meridian.
4. Repeat stimulation of both sets of acupuncture horary points each two hours for a total of three time frames on the flight to Europe.
(Four time frames on travel to China or Australia). Example: If you are traveling to Shanghai from Los Angeles, identify your time of departure, let's say, 11AM - it is currently 3AM in Shanghai. At the time of your departure, stimulate horary point for the heart as the heart is the most active meridian from 11AM-1PM. Likewise, stimulate the lung meridian which corresponds to 3-5AM in Shanghai.

At 1PM Los Angeles time, the small intestine meridian is becoming active. However, it is currently 5AM in Shanghai, corresponding to the large intestine time. Therefore, stimulate the horary point for each time zone respectively, namely the horary points for the small and large intestine at 1PM Los Angeles time. When it is 3PM, Los Angeles time, the bladder meridian is becoming most active. However, in Shanghai it is 7AM corresponding to the stomach meridian. Therefore, stimulate bladder and stomach horary points respectively.

The same procedure is repeated for the next time zone, namely 5PM, Los Angeles time. and 9AM Shanghai time, corresponding to the kidney and spleen horary points.

5. After the two corresponding horary points are stimulated for three segments on flights to Europe and four segments to Asia, drop the horary point for the departure time and continue treating the horary point every two hours for the current time in your destination city. Continue treating the horary point associated with the meridian every two hours until a minimum of four hours (two segments following your arrival).

At this point you will find your biological clock to be operating at the time zone of your arrival location.

How to Stimulate Horary Points

Stimulation is best applied through a "Teishein" (non-invasive acupuncture instrument) for 20-25 strokes or with a quartz Piezo electric stimulator for 10 charges.

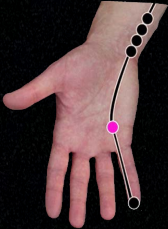
Finger pressure – 20 times in a circular motion – also works.

Horary points are noted in **PINK** and located symmetrically and bilaterally (on both sides of the body)

Spleen



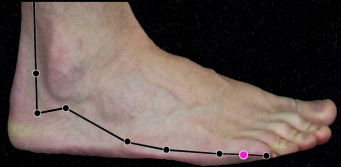
Heart



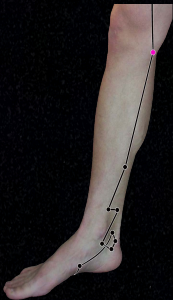
Small Intestine



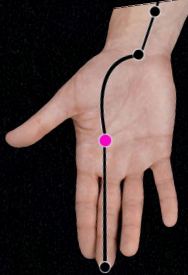
Bladder



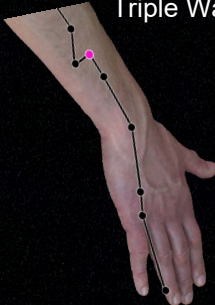
Kidney



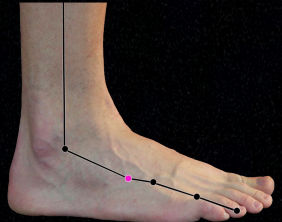
Pericardium



Triple Warmer



Gallbladder



Liver



Lung



Large Intestine



Stomach

